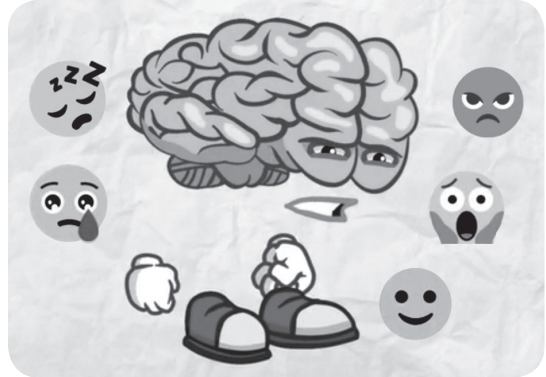


My Heroic Response

Sometimes when people feel angry, sad, worried, or frustrated, their body may feel



1. _____
2. _____
3. _____

This is called a  response.

Two things that people can do to stop their brain from sending stress chemicals throughout their body are

1. _____
2. _____

This is called a  response.

Because I am a powerful martial artist, next time I begin to feel stressed, my heroic response will be

